



CROSS-TRAIN your BRAIN

"Logic will get you from A to B. Imagination will take you everywhere else."

Albert Einstein

- Cross-training is more than learning a new task or skill.

It is about building muscles you don't use very often and reaping rewards of better overall stability.

- What is your genre or writing lane? _____

What other form of writing is your least favorite? _____

HOMEWORK - read something from that genre, take a workshop, or listen to a podcast.

- Creativity is _____ to the cross training process.
- Creativity helps _____ brain by releasing dopamine in your system.

https://www.diffen.com/difference/Left_Brain_vs_Right_Brain

- Cross training takes you out of your _____.

Left Right

logic
linear
strategic
practical
accurate
structured



artistic
creative
passion
impulsive
adventurous
intuitive

"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." Deut. 31:6